

**LISTING OF THE CLAIMS**

The following is a complete listing of the claims.

1.-39. (Canceled)

40. (Previously Presented) A green carbon foam comprising a density ranging from about  $0.1 \text{ g/cm}^3$  to about  $0.8 \text{ g/cm}^3$  and a compressive strength below about 6000 psi manufactured by the process comprising:

heating high volatile bituminous coal particles exhibiting a free swell index ranging from about 3.5 to about 5.0 at a range in the range of about  $1^\circ\text{C/minute}$  to about  $20^\circ\text{C/minute}$  to a temperature ranging from about  $300^\circ\text{C}$  to about  $700^\circ\text{C}$  in a pressure controlled reactor, under a pressurized non-oxidizing atmosphere having a pressure from about that of free flowing gas to about 500 psi; and

controllably cooling said green carbon foam at a cooling rate of less than about  $10^\circ\text{C/minute}$  to a temperature of about  $100^\circ\text{C}$ .